



18th Annual

COKER ORTHODONTICS

YMCA Thanksgiving Day Turkey Trot 1 Mile Youth Run

Thursday, November 25, 2010 @ 7:30 AM- First Heat

Location:

2300 Washington Ave., Fredericksburg, VA 22401– at James Monroe High School (JMHS)

Packet Pick-up: November 24th from 11-5:00 pm at JMHS and on race day from 7-8:45 am at JMHS

Events: 7:30 AM Girls 7 & 8 / 7:45 AM Girls 9 & up / 8:00 AM Boys 7 & 8 / 8:15 AM Boys 9 & up / 8:30 AM Girls & Boys 6 & under
Awards: Awards will be mailed to all Age Group Winners. Classic Turkey Trot awards to the top 5 male and female in the following age groups: 6 & under, 7-8, 9-10, and 11-13. Special awards to all youth participants at the finish.

More info? Visit: www.ymcaracing.com.

Amenities: Long sleeve T shirts and race refreshments – sizes include youth small (YS), youth medium (YM), youth large (YL), and normal adult sizes – please circle your choice below.

Fees: Youth 1 Mile Run: \$13 before 11/23/2010, \$14 at packet pick up date of 11/24/2010. Registration available until packet pick up day – **NO RACE DAY REGISTRATION FOR YOUTH RACE.** *Entry Fees are non-refundable*

Payment Method(s): Send check or money order (made out to the Rappahannock Area YMCA) along with this registration form to: YMCA Turkey Trot 212 Butler Rd., Falmouth, VA 22405. You can also register online: www.racetimingunlimited.org

Thank you to our sponsors: Coker Orthodontics, Mary Washington Healthcare, Rappahannock Foot & Ankle Specialists, VA Runner, NSWC Federal Credit Union, NextCare, 95.9 WGRQ, Thunder 104.5, Virginia Cardiovascular Associates, Chick-Fil-A, Peppertidge Farm.

Last Name:

First Name:

Address:

City:

State:

Zip Code:

Date of Birth (mm-dd-yy)

Age:

Sex M/F



Youth 1 Mile Run

\$13 (Do Not Mail after 11/21/2010)

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T-Shirt Size (circle one):

YS YM YL S M L XL

E-Mail:

In consideration of the foregoing, I for myself, executors, and administrator, waive and release any and all rights and claims for damages I may have against the Rappahannock Area YMCA, Inc., RTU, FARC, and any and all participating sponsors and supporters for all claims and damages, actions whatsoever in any manner as a result of my participation in this event and that my medical condition to do so has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to sue my likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature.

Signature (parent if under 18) _____



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